

# 1 Star Syllabus

## Aim

The British Canoeing 1 Star is a clear stepping-stone to becoming a paddler. Designed as a basic award, the 1 Star is the level people would typically reach after an introductory course of 6 hours quality water time.

## Prerequisites

Candidates must be water confident, and ideally should be able to swim (this is desirable but not essential). If under 14 the British Canoeing Paddlepower program may be more appropriate.

## Craft

This award can be taken in any type of paddlesport craft, including:

- Solo and crew boats of all descriptions
- All competition craft
- Sit-on-tops
- Stand up paddle boards

## Assessor

Any updated British Canoeing Coach.

## Assessment Venue

A very sheltered or sheltered water venue.

## Related British Canoeing Policies

- See 'Reasonable Adjustments for Paddlesports Awards and Coaching' for details about how providers can make adjustments for paddlers with specific disabilities
- See 'Appeals Procedure' for details of how candidates can go about making an appeal or complaint about the conduct of a British Canoeing Star Award

## Useful Information

Please refer to the British Canoeing 1 Star Training and Assessment Notes and the British Canoeing Star Award Guidance Notes for further information.

## Technical Syllabus

### Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching
- A.2 Forward paddling over a distance of 100m
- A.3 Steering and controlling
- A.4 Return to the bank and get out

### Part B – Rescue Skills

- B.1 Capsize the craft and be rescued or swim to the shore (whichever is most appropriate to the craft and conditions)
- B.2 Emptying boats

### Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Provide evidence of 1 journey of about 1 hour (3 km) duration (this could take place during the assessment)

### Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Wellbeing, health and first aid
- D.4 Access
- D.5 Environment
- D.6 General